

# AUTO IMMUNE PROTOCOL

## FOODS TO INCLUDE

### VEGETABLES

artichoke green beans  
asparagus kale  
bok choy leek  
broccoli lettuce  
brussels sprout mushroom  
cabbage olives  
cauliflower pumpkin  
celery rhubarb  
chard rocket  
collard greens snap pea  
cucumber spinach  
fennel watercress

### ROOTS

beetroot turnip  
carrot radish  
celeriac shallot  
onion sweet  
parsnip potato yam

### FERMENTS

sauerkraut  
fermented vegetables  
(carrot, beet, etc.)  
kombucha

### ORGAN MEAT

bone broth liver  
kidney heart  
tongue

### FRUIT

apple lemon  
apricot lime  
avocado mango  
banana nectarine  
blackberry orange  
blueberry papaya  
cantaloupe peach  
cherry pear  
coconut persimmon  
date plum  
fig pineapple  
grape pomegranate  
grapefruit raspberry  
guava strawberry  
honeydew tangerine  
kiwi watermelon

### HERBS

basil mint  
bay leaves parsley  
chamomile peppermint  
chives rosemary  
coriander sage  
dill spearmint  
lavender tarragon  
lemongrass thyme  
marjoram

### DRINKS

broth  
coconut milk  
carob hot choc (make your  
own)  
dandelion tea  
herbal tea

### SPICES

cinnamon cloves  
garlic ginger  
safron sea salt  
shallots turmeric

### MEATS

beef lamb  
fish kangaroo  
shellfish chicken  
turkey duck  
pork rabbit  
venison wild game  
  
aramé kombu  
dulse nori  
wakame

### PANTRY

apple-cider vinegar  
anchovies  
arrowroot powder  
carob powder  
coconut flour  
coconut flakes  
coconut vinegar  
coconut aminos  
dates  
dried fruit  
olives  
salmon  
sardines  
tuna ume  
plum vinegar